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#### FOR IMMEDIATE RELEASE

Date: September 17, 2019

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### SPRINGFIELD PARK DISTRICT TO CUT THE RIBBON TO NEW FITNESS PARK AT LINCOLN PARK

#### Lincoln Park FitLot Fitness Park

N 1st St, Springfield  
39.8271678,-89.6528147 (GPS to Fitness Park)



**[Springfield, IL]** – The Springfield Park District is pleased to announce our official opening and ribbon cutting ceremonies for the new outdoor fitness park for Springfield residents in Lincoln Park.

We are proud to partner with AARP and FitLot to bring our new outdoor fitness park to the community. Utilizing the shared resources from AARP and FitLot, the Springfield Park District is able to provide new ways for memorable recreational opportunities that enrich the community and improve the quality of life for future generations.

The Springfield Park District, was selected as the only location in Illinois to construct a fitness park this year, representing AARP's continued commitment to help make communities across the country healthier and more livable places for all.

FitLot is an outdoor fitness park developed by the Springfield Park District, FitLot, and AARP. The new fitness park will include the benefits of exercise training at no cost and is fully accessible to the public. It consists of outdoor *fitness* stations that are designed to use one's own body weight as resistance; making each piece of equipment age, gender and ability based.

AARP will also be providing three years of free programming at the fitness park to Springfield residents coordinated by the Springfield Park District and FitLot, a 501(c)(3) organization dedicated to helping communities find resources they need to plan, build and program outdoor fitness parks.

*"The SPD is thrilled that this fit park provides a safe and healthy outdoor fitness area. It is another example of our ongoing commitment to provide affordable opportunities to promote health and wellbeing for the Springfield community. We are excited to showcase this outdoor fitness park in Lincoln Park and invite the community to join us."* – **states Leslie A. Sgro, President of the Springfield Park District Board of Trustees.**

We invite you to come and participate in our ribbon cutting ceremonies. The ribbon cutting will take place at 11:00 a.m. on September 20, 2019 at Lincoln Park, right outside of Lincoln Park Pavilion, 1601 N. 5<sup>th</sup> Street. We hope to see you there ready to try out our new fitness park!

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For more information on this topic and any other Park District news related items, please visit our Website at [www.springfieldparks.org](http://www.springfieldparks.org)